

Stepping Out



LOCAL RECIPES

Objective: To realize the importance of recording local recipes accurately.

1. Notice that the following recipe is incomplete in the computer database.

Ingredient Number	Name	Quantity
13999	Beef Canned, w/ Natural Juice	11.10 lb.
04044	Oil, Soybean	.5 cup
20081	Flour, All Purpose White, Enrich	12.0 oz.
02030	Pepper, Black	1.5 tsp
00082	Beef Stock	1.5 gal
11376	Potato, Canned, Drained	.75 #10 Can
02047	Salt, Table	1.0 tbsp

2. Complete the local recipe by adding three more vegetables of your choice. Select and enter the ingredient number, variety and amount selected.

Vegetable	Ingredient Number	Variety	Quantities
Onion	11284	Dehydrated Flakes	2.0 cup
<u>Carrots</u>	<u>11128</u>	<u>Canned, Drained Fresh</u>	<u>2.0 qt. Slices</u>
<u>Tomatoes</u>	<u>11966</u>	<u>Crushed, Canned, Heated</u>	<u>1.0 #10 Can</u>

3. Complete the nutrient information found on the screen for your local beef stew recipe.

	Calories	mg Sodium	g Protein	g Carbohydrate	g Fiber	RE Vitamin A
Incomplete Local Recipe	222	1089	21.63	9.75	.90	0
Complete Local	246	1262	22.85	15.20	1.73	344

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1. Why should local recipes be written?

2. What specific information about ingredients should be included in local recipes?
